

## **INSTRUCTIONS/PROCEDURES FOR CANSKATE and ADVANCED PRESTAR /STAR 1&2 SKATERS AND GUARDIANS**

All skaters and guardians must not enter the building if they are unable to answer "NO" to all of the Covid-19 screening questions (screening questions are posted on the outside doors, and throughout the facility, and at the bottom of this note).

**-15 minutes prior to the ice session – the EAST HALL DOOR will be opened by the coordinator - the skater and ONE (1) adult (per skater) enter the building using the EAST HALL entrance – walk up the stairs and follow the RED ARROWS to the chairs. Use hand sanitizer at the top of the stairs.**

**-the chairs are in pairs (sit in pairs with your child); put your child's skates on and remain sitting in the chairs. The coordinator will take attendance.**

**-5 minutes prior to the session – the coordinator will lead everyone down the west stair case – the parents assist their skater down the stairs and then exit the building to the right (no belongings are to be left upstairs) and the skaters proceed to the ice surface where a coach will assist them with their skate guards, mask, and helmet.**

**-10 minutes before the end of the session – the coordinator will lead the guardians as they re-enter the building through the regular doors and proceed to one of 4 dressing rooms, sitting within the red-taped area. The skaters will enter the dressing room where the skates can be untied. The skater and guardian will exit the building following the arrows on the floor.**

### **IMPORTANT REMINDERS:**

**\*SKATE GUARDS ARE MANDATORY FOR ALL SKATERS**

**\*A CLOTH OR MEDICAL FACEMASK MUST BE WORN BY THE SKATER AND GUARDIAN FROM THE MOMENT THEY ENTER THE BUILDING - INSIDE THE HALL, DOWN THE STAIRCASE, IN THE LOBBY, IN THE HALLWAY AND IN THE DRESSING ROOMS- Skaters are permitted to remove their masks when they are on the ice, they must be able to remove, put in a pocket and put back on at the end of the session independently.**

**\*PLEASE CONTINUE TO PRACTICE PROPER DISTANCING at all times, including on stairs.**

### **COVID SCREENING QUESTIONS – YOU MUST ANSWER "NO" TO EACH QUESTION:**

- 1. Do you have a fever (37.8 C and above)?**
- 2. Do you have ANY of the following symptoms:  
Cough? Shortness of Breath? Sore Throat? Difficulty Swallowing? Lost Sense of Taste or Smell?  
Runny Nose, Sneezing, Nasal Congestion (not related to other causes such as allergies)?**
- 3. Have you or someone in your household travelled outside of Canada or have had close contact with anyone that has travelled outside of Canada in the last 14 days?**
- 4. Have you had close contact in the last 14 days with anyone who is sick or suspectable/confirmed case of Covid – 19?**

**\*\*If you answer YES to any of the above questions, you are NOT PERMITTED TO ENTER THE BUILDING\*\***

